

Share the Road

Be considerate of others motorists and pedestrians. Remember, pedestrians have the right of way. Cyclists are smaller and slower and need to be more alert than drivers. Don't assume motorists see you.



- Make eye contact, smile or wave to communicate with motorists.
- Be aware of pedestrians and other vehicles.
- Ride far enough out from the curb to avoid unexpected parked cars.
- Keep control of your bicycle, be able to look behind you and ride with one hand while signaling.
- Always check behind you before changing lanes.
- Be aware of potential hazards like litter, potholes, gravel, and storm grates.
- Make sure that books, clothing, and other items are securely attached to the bicycle or carried in a backpack.
- Use bells or horns to alert pedestrians and vehicles.

BICYCLE SAFETY



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Bicycle Safety

Riding a bicycle is a big responsibility and all riders must learn all rules of safety before their first ride. Learn to ride the bicycle well before you venture onto the roadway.

Wear a Helmet

It's just good sense. Helmets can prevent head injuries. Today's helmets are lightweight and comfortable, stronger and better looking. A helmet is as much a part of the bicycle as are handlebars and tires.

- Everyone should wear a helmet on every ride. Your helmet should meet safety standards set by the American National Standards Institute (ANSI).

Follow the Rules of the Road

Bicyclists must obey traffic laws that apply to motor vehicles. For example, cyclists should always ride with traffic. Be aware that county and town ordinances vary. For instance, many communities require both front and rear lights on bicycles to improve visibility at night. Check with local police to find more information on these ordinances.

- Know your local traffic laws.
- Obey traffic lights, signs, speed limits and lane markings.

- Signal in advance of a turn, use correct hand signals.
- Yield to pedestrians, yield to other vehicles, as appropriate.
- Make sure your bicycle is the correct size and is safely maintained.
- Never wear headphones, they hinder your ability to hear traffic.

Be Visible

Cyclists must take responsibility for being visible to motorists. If you must ride at night, wear special clothing made of reflective materials. You need at least one light source, such as a bright headlight.

- Wear bright colored clothing (fluorescent colors are particularly helpful).
- If you must ride at night, wear light colored clothing with reflective triangular patches and wristbands.
- Equip bicycle with reflectors on the front and rear. The rear reflectors should be red and at least three inches across, pointed straight back to reflect the headlights of vehicles at least 600 feet away.
- Attach bicycle reflectors to the pedals and wheels. Wheel reflectors can include retroreflective spokes, cranks and wheel rims.
- Use a bright, white headlight, preferably one that makes you visible to drivers 500 feet away.